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The Seven Principles For Making Marriage Work: A Practical Guide From The Country's Foremost Relationship Expert

The Seven Principles for
Making Marriage Work



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Synopsis

Straightforward in its approach, yet profound in its effect, the principles outlined in this book teach partners new and startling strategies for making marriage work. Gottman has scientifically analyzed the habits of married couples and established a method of correcting the behavior that puts thousands of marriages on the rocks. He helps couples to focus on one another and pay attention to the small day-to-day moments that, strung together, make up the heart and soul of any relationship. Gottman has culled seven principles essential to the success of any marriage: Maintain a love map Foster fondness and admiration Turn toward instead of away Accept influence Solve solvable conflicts Cope with conflicts you can't resolve Create shared meaning Packed with questionnaires and exercises whose effectiveness has been proven in Dr. Gottman's workshops, this is the definitive guide for any couple who wants their relationship to realize its highest potential.

Book Information

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Customer Reviews

Seven Principles is a research-based book addressing a variety of marital difficulties. Gottman bases his advice on clinical studies which are "observable, repeatable, and quantifiable data" which makes the heart-directed core of his book all the more surprising. It promotes a science of emotion and communication. It's a bit on the long side due to its many examples and descriptions, but it's worth sticking through to the end. The questionnaires peppered throughout the book are particularly useful at helping you diagnose areas which need improvement, followed by specific counsel on how to improve. In short: this is much more a workbook with assignments than a lecture or sermon to memorize. That's why I recommend reading Seven

Principles with a highlighter in hand. You can mark the passages in which Gottman gives specific advice/instruction so that when you revisit the book you can quickly skip over the filler. (The filler consists of examples and discussion of how research methods. You really only need to read those parts once. Identifying the applicable parts of the book quickly will help facilitate your revisiting the book for advice over time.)

The longer one is married the more one needs to deal with the changes in lifestyles, morals, customs, beliefs and behavioral changes in one's spouse and self. Very good read..and ideas for making the promise made kept...and how to bridge toes changing environments. The only parts if the book that is a non-plus are those pages with multiple questions asking you to circle answers..which when you are reading via an e-book..like a Nexus 7 it is impossible. Sure one could transfer the book over to a cutter and print pages and then take the tests..but it is not realistic. The books seems to relate to the first 20 years of learning the real personality traits and behavior of one's spouse, including dealing with the myriad of painful times that go along with each other..but strays from providing more definable discussions for those of us married for 55 years. While that in itself is a great tribute to the love and admiration, respect each of us has for the other...there are other annoyances which conflict relationships that is not discussed. Otherwise a resourceful and usable help in making marriages work better and lasting forever.

Dr. Gottman's principles are simple but they aren't easy. Some of the exercises are fun, others, not so much.

there is so much practical advise in this book.most relationship books are based on a lot of theory of principles, but this books actually approaches relationship from a more science observation perspective. there are more statistics and numbers presented in this book than others.this is a great book for couples and something i strongly recommend to all my married friends.

This book comes from the knowledgeable position of research into married couples from an observation methodology. I liked that especially well; it's not opinion-based. Once I began reading, I could see clearly how marriages I know that have failed do trot out the "four horsemen" and how admiration and friendship radiate in marriages I admire. I applied some principles in this book and some from "How to Improve Your Marriage Without Talking About It" and saw an immediate positive difference in my own marriage. The only reason I give four stars rather than five is because this

book approaches all the exercises from the assumption that the couple is equally interested in the "let's work on our marriage" perspective, which would not be useful for me. This is one element I like better about the other book. However, you can still do or partially do the exercises in this book without sitting down as a couple and "agreeing" to work on the marriage, and it will still have tremendously positive results if only one person makes a decision to do these positive things.

EXCELLENT book and I recommend couples to read it BEFORE they get married or shortly thereafter BEFORE problems and emotional baggage build up and can't be repaired. Great for any stage of a relationship however, and also helpful for ANY relationship-not just marriage. A lot of basic relationship advice, communication and expectations discussed that would be helpful for co-workers, neighbors or relatives ect.

After 25 years of marriage, the relationship between my wife and I was probably typical of many marriages - we were living parallel lives under a single roof, united by children and our common goals in raising them. We were physically present but not emotionally present in our relationship; we lacked the depth, the emotional bond we once had. If you have ever tried marriage counseling, you will be surprised to read what Gottman has to say about it; but you will realize his comments are the unvarnished truth. Typical marriage counseling is rarely effective (I was stunned to read his nearly exact description of the marriage counseling my wife and I had been through some months earlier!). Gottman's book came highly recommended by my therapist. My therapist asks couples who wish to have counseling to read the book and work through its exercises. The insights Gottman's book offers are excellent. My therapist bases much of his work with couples on the book, and it becomes the basis for discussions with couples. The book has been a lifesaver for my marriage, and given me a new view of my existing relationship and a path for improving it. I have seen so many of Gottman's observations in my relationship with my wife - some good, some bad - and I can only state unequivocally that anyone in a relationship will find this book a valuable resource.

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